

Georgia Fire Academy

Physical Training

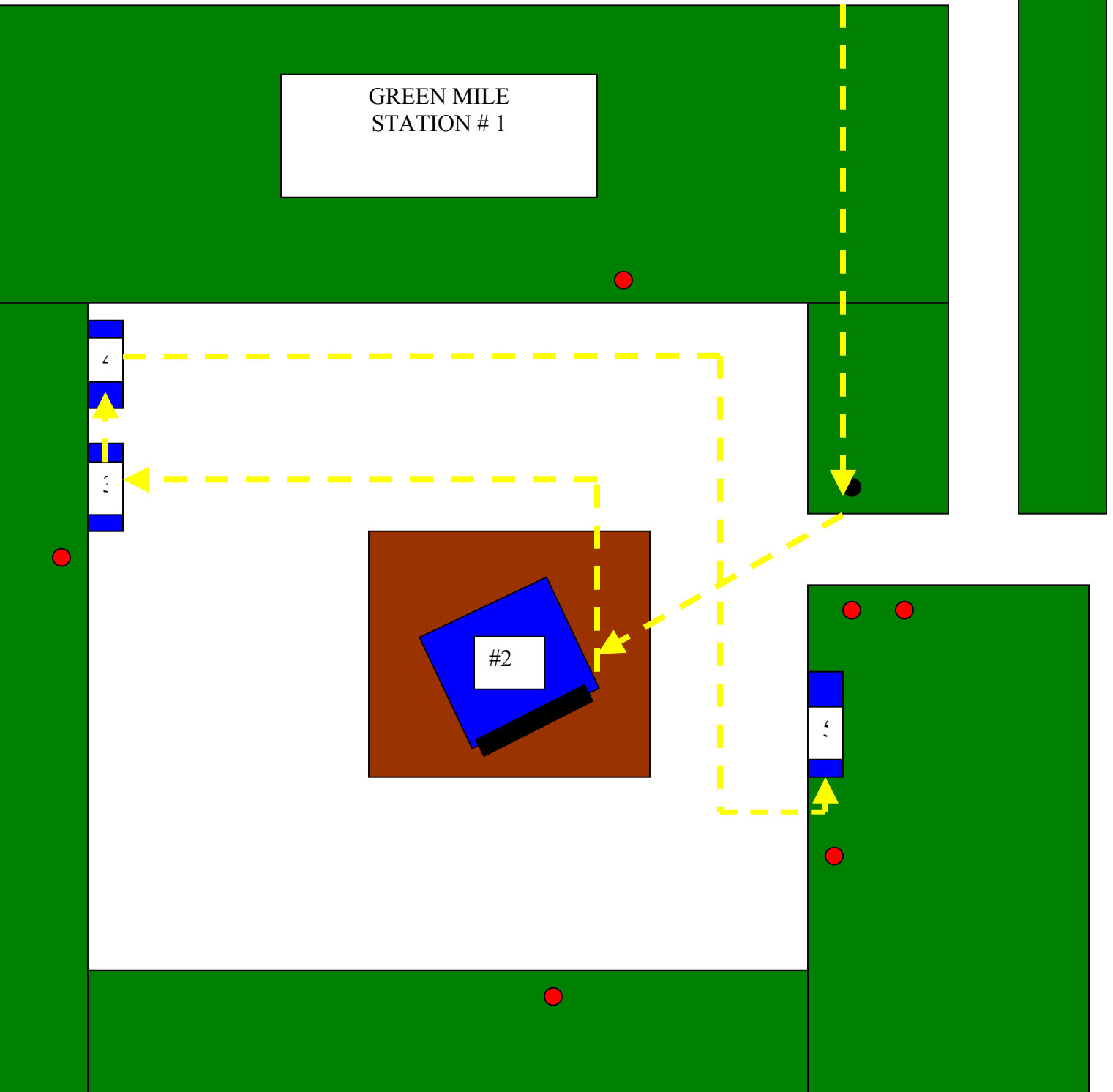
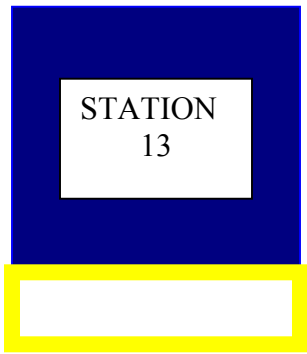
Basic Firefighter NPQ 1

Week#1 Head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). Knee pads optional

- Day One:*** (STATION 1) Field crawl with full PPE breathing air.
(STATION 2) Climb internal stairs of tower to the 5th floor.
Exit external stairs, walk back to station
- Day Two:*** (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders).
(STATION 2) Climb internal stairs of tower to the 5th floor.
Exit external stairs, (STATION 3) window simulator
(STATION 4) restricted passage, walk back to station
- Day Three:*** 1 1/4 mile run with running shoes and comfortable clothing.
Run at slowest persons pace. This run is conducted around state prison
- Day Four:*** (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders).
(STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator and, (STATION 4) restricted passage, walk back to station
- Day Five:*** (STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders).
(STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station.

All physical training will begin with stretching including: push ups walk ups, arm raises, cross-overs, mountain climbing back stretches, leg stretches

WEEK ONE



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Week#2 *(All gear except face piece)*

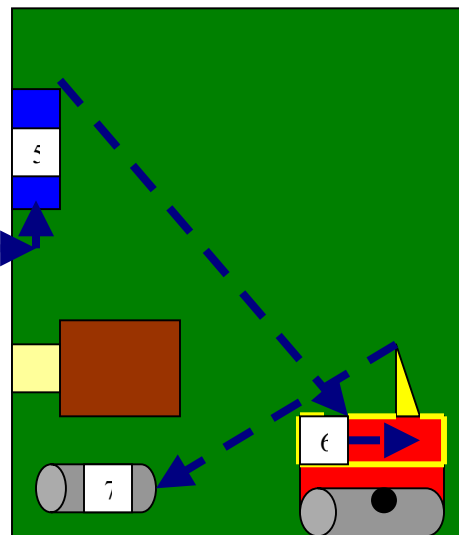
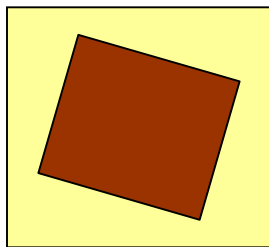
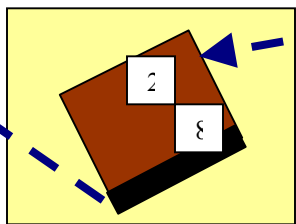
- Day One:*** *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station*
- Day Two:*** *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*
- Day Three:*** *1 1/4 mile run with running shoes and comfortable clothing. Run at slowest persons pace. This run is conducted around state prison*
- Day Four:*** *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, walk back to station (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*
- Day Five:*** *(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes*

STATION
13

WEEK TWO

START

GREEN MILE STATION 1



Georgia Fire Academy

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Basic Firefighter NPQ 1

Week#3 (All gear)

Day One: ***1 1/4 mile run with running shoes and comfortable clothing. Run at slowest persons pace. This run is conducted around state prison***

Day Two: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes***

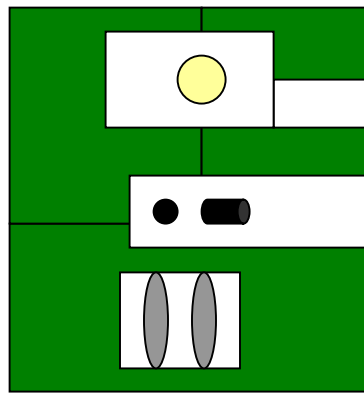
Day Three: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes***

Day Four: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes maze (STATION 9) Hose pull (STATION 10) Hose carry***

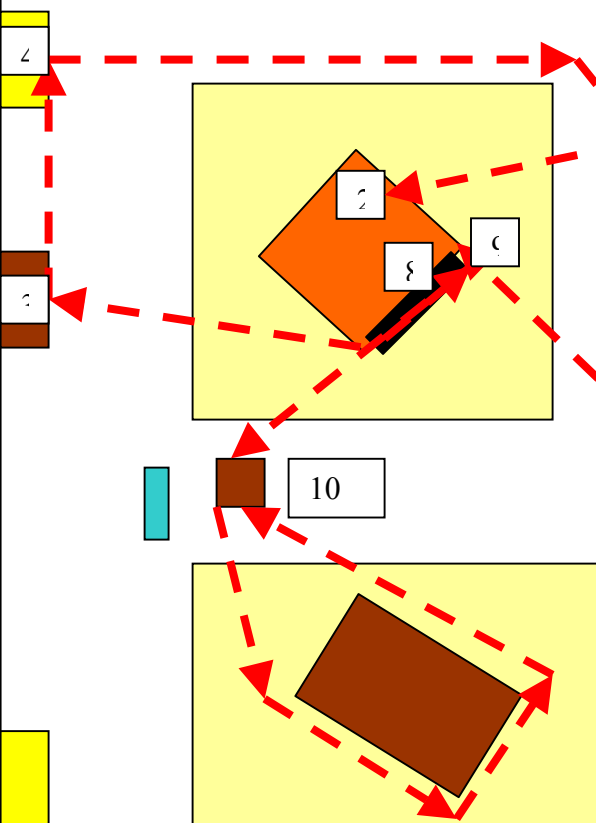
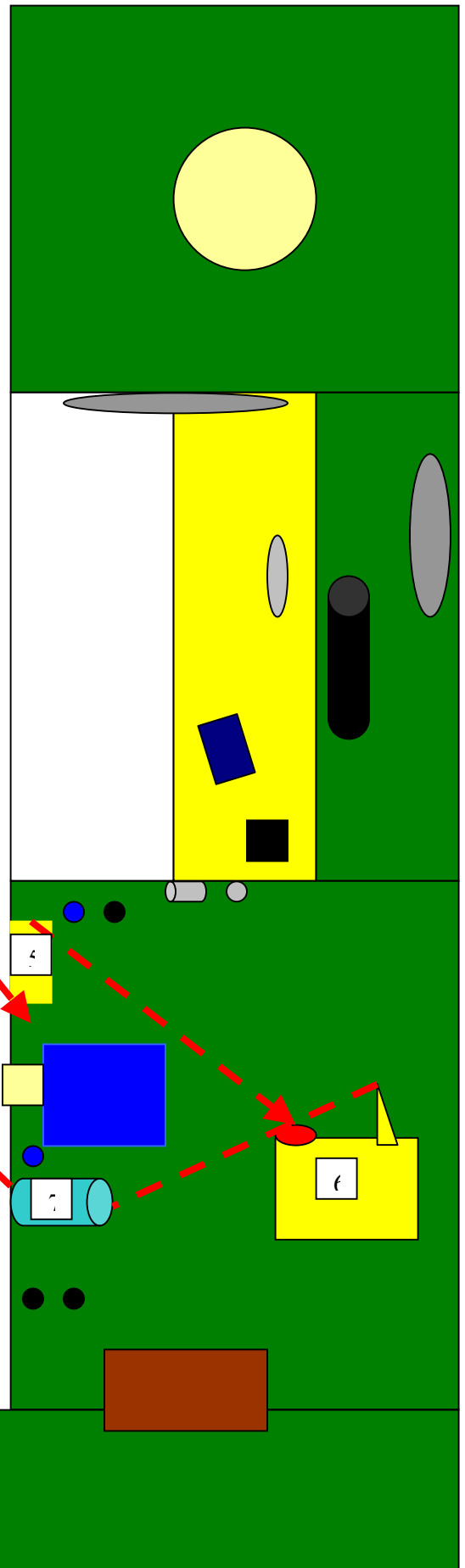
Day Five: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes (STATION 8) third story maze (STATION 9) Hose pull (STATION 10) Hose carry***

COURSE

FIRE
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#13



GREEN MILE 1



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Physical Training

Basic Firefighter NPQ 1

Week#4 (All gear)

Day One: ***1 1/4 mile run with running shoes and comfortable clothing. Run at slowest persons pace. This run is conducted around state prison***

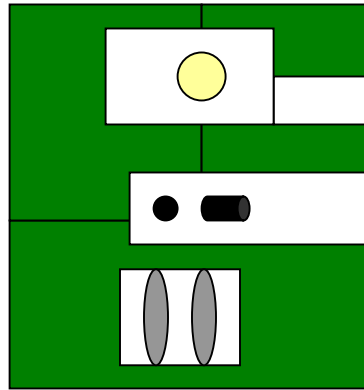
Day Two: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes***

Day Three: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes***

Day Four: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes maze (STATION 9) Hose pull (STATION 10) Hose carry***

Day Five: ***(STATION 1) Field crawl with head (Helmet), Hands (Gloves) and feet (Boots, Bunker Pants and, Suspenders). (STATION 2) Climb internal stairs of tower to the 3rd floor maze, (STATION 3) window simulator, (STATION 4) restricted passage, (STATION 5) rafter simulator and, (STATION 6) Crawl to confined space ladder climb (STATION 7) crawl to pipes (STATION 8) third story maze (STATION 9) Hose pull (STATION 10) Hose carry***

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GREEN MILE 1

